

CRAYON COLLECTION

COLLECT -> CONTRIBUTE -> CREATE

Who Are You?



Lesson developed by artist, Amber Goldhammer

Objective

Students will explore their identity, affirmations, self-love, and empowerment by writing and decorating their name. This artistic exploration is also a practice in literacy and visual arts.

Age Kindergarten and up

Time 45 mins

Focus Literacy, Social-Emotional Learning, Healing, Identity

Material

- Paper
- Crayons

Core Standards

- Common Core Standards: Vocabulary Acquisition and Use - Identify real life connections between words and their use
- Social Emotional Competency: Self Management - Exhibit positive motivation, hope, and optimism

(See below for a full list of standards.)

Opening (5 mins)

Distribute paper and crayons to each student. Ask students questions about their identity. Give students 30 seconds of think time per question, then ask them to share ideas with a partner.

- *Today, we are going to focus on who you are and what makes you special!*
- *What do you love about yourself? What do you love to do?*
- *What makes you happy? What makes you sad?*
- *What does your name mean to you?*
- *What makes you unique?*

Introduce the idea of an “affirmation.”

- *What is an affirmation?*
- *Positive thinking can lead to positive outcomes! An affirmation is something we celebrate about ourselves. We might repeat an affirmation like "I am smart!" to remind ourselves of this truth.*

Instruction and Guided Practice (15 mins)

Step 1: *To begin, write your name in the center of the page as big as possible. You could write your name any way you want. You could even try big bubble letters.*

Step 2: *Once your name is written, decorate the letters by coloring them in or designing them – however you wish!*

Step 3: *Now, think about things that represent who you are, like, I am smart, funny, nice, loved etc, and draw some designs or symbols that represent those parts of you. You could draw anything -- but here are a few ideas: draw a heart for love, a star to show how smart you are, an exclamation point to show how excited you are, a smiley face to show how happy you are, a swirl to show how goofy you are(!) etc. Fill the page with designs and symbols.*

Work Time (20 mins)

Circulate the room to help as needed and remind students of the questions they answered about their identity if they are stuck.

Closing (5 mins)

Ask students to share their picture with the class or in partners. If desired, hang up the pictures on the wall to help remind students each day who they are and why they are great!

Extension

2nd-5th Grade: In addition to drawing affirmative symbols, ask students to write affirmations in the space surrounding their names. They could write identity characteristics, desires, likes and dislikes, goals, and any other expression specific to who they are.

- Ask students the following prompts and share the examples to brainstorm positive affirmations that could apply to them.
 - *What makes you proud of yourself?*
 - *What kinds of encouragement is helpful for you to hear?*
 - *What do you love to do?*
 - *What are some of your strengths?*
 - **Examples:** *I love you. I am proud of you. I can do it. I can do anything I put my mind to. I am smart. I am important. I matter. I am beautiful. Powerful. Funny. Sweet. Caring. I am a good friend. A good daughter/son. My best is good enough. I am honest. I have people who care about me. I am an artist. I rock!*

Philosophy

Art is an essential tool for early childhood development. Studies have shown that art education helps to increase comprehension of STEM and literacy concepts as well as offering students an outlet to process trauma, develop self-discipline and self-management, and interpersonal relationship skills. Active engagement in the arts can yield positive benefits in social and emotional growth. The art lessons developed by Crayon Collection are meant to support this growth.

Standards

Common Core Standards

Language

- 1F. Produce and expand complete sentences in shared language activity
- 2A. Capitalize the first word in a sentence and the pronoun I.
- 2D. Spell a simple word phonetically, drawing on knowledge of sound-letter relationships

Vocabulary Acquisition and Use

- 5C. Identify real life connections between words and their use.

Speaking and Listening

- 6. Speak audibly and express thoughts, feelings, and ideas clearly.

Social Emotional Competency

Self Awareness

- Label and recognize own and others' emotions
- Identify own needs and values
- Possess self-efficacy and self-esteem

Self Management

- Exhibit positive motivation, hope, and optimism

About the Artist

Amber Goldhammer (Santa Monica, California, USA) is a prolific young artist best known for creating vibrant, abstract painting with a street art edginess. Building upon layers of bold colors and sweeping gestural movements, her newest work includes positive messages of love and hope, written in a graffiti-style script. The new mixed media series is a testament to Amber's own emotive interpretation of the ebb and flow of her life experiences.

As love and joy are paramount emotions in one's life, Amber hopes her new series incorporating the "I Love You" message can expand in various forms to reach a wider audience. Connecting people through the visual language of public art is one way she believes her street murals can impact lives, as it is impossible to view her work and not feel a sense of joy and love.

Goldhammer has ongoing concurrent exhibitions in galleries throughout the United States and also had international success with exhibitions in Toronto, Canada and Zurich, Switzerland. Her artworks have been showcased in print and online publications, and on such TV series as "Million Dollar Listing," "Being Mary Jane," "Crazy Ex-Girlfriend," and "Scandal." Goldhammer's art is also featured on Netflix's best original series, "G.L.O.W." by "Weeds" creator, Jenji Kohan

Additional Resources

What are affirmations and why are they important?

Read this article: <https://selfsufficientkids.com/affirmations-for-kids/>

Affirmations could include the following:

I love you. I am proud of you. I can do it. I can do anything I put my mind to. I am smart. I am important. I matter. I am beautiful. Powerful. Funny. Sweet. Caring. I am a good friend. A good daughter/son. My best is good enough. I am honest. I have people who care about me. I am an artist. I rock!

